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HOUSEKEEPERS' CHAT Monday, Oct. 5, 1931.

NOT FOR PUBLICATION

Subject: "Modernizing Wash Day" Information from Bureau of Home Economics, U. S. D. A.

Bulletin available: "Methods and Equipment for Home Laundering."

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Let's be very practical this morning, and discuss a very practical subject, in a practical way. Our subject is washing --laundering, the task which occupies most of Monday morning, in American homes.

Why Monday morning? Because it's a sacred tradition, or something, Last fall I made an auto trip to western Pennsylvania. In every village and farm, from Washington, D. C., to Pittsburgh, Pennsylvania, were lines and lines of clothes. If I had just been aroused from a 20 years' sleep, I would have known what day of the week it was.

Do you know where the custom of washing on Monday started? In [illegible] England, because a large supply of water was delivered to the housekeepers on that day. But why you and I should always wash on Monday, is more than I can see. Maybe Tuesday would be better for some of us. Then on Monday we could mend, put clothes to soak, remove stains, and so on. Or it might be better for some of us to wash on Saturday, when the school children are home to help.

As for me, I dedicate Tuesday to washing. That gives me time on Monday to pick up the Sunday newspapers, put the books away, and otherwise straighten the house.

I generally soak the white clothes over night. This loosens the dirt, saves time, and lessens wear. I cover the clothes with soft, lukewarm, soapy water, and use separate tubs for very dirty and for only slightly soiled clothes. If Billy's overalls are unusually dirty, they are moistened, soaped well, rolled up, and placed in a small quantity of water.

Tuesday morning the clothes are removed from the soaking water, and washed by machine, in plenty of hot soapsuds. Delicate fabrics and small articles are tied in net or thin muslin bags, so they will be easier to find in the washing machine. I use lots of water -- soft, when the cistern isn't dry.

When the first suds gets dirty I drain it off and fill the machine with a clean, hot suds. A soap solution, made by dissolving a cake of soap in three quarts of hot water, makes a suds more quickly and cleans more evenly than a bar of soap.

Do you ever use a brush on greasy overalls, and other garments that are very dirty? A smaller brush, not too stiff, helps a lot in cleaning finer fabrics, such as the collars and wristbands of boys' shirts.

After washing, I wring the clothes as dry as possible, folding all buttons inside. Ordinarily I wash the clothes through a second suds, and if necessary, I boil the white ones, for five or ten minutes. Longer boiling makes them yellow.

Do you ever, as a last resort, use kerosene or turpentine to clean very dirty garments? One to six tablespoons to a boilerful of water is about the right proportion. Turpentine and kerosene are inflammable, and it takes a long time to rinse the odor out, especially in hard water. I prefer to use the juice of one or two lemons, to a boilerfull of water.

After the clothes are washed and boiled, I rinse them, thoroughly, in plenty of clear, soft, HOT water. COLD rinse water hardens the soap, and makes it difficult to remove. I never add bluing to the rinse water. Soap and washing powder should be removed from clothes before they are placed in a bluing water.

Now shall I tell you what I've learned about bluing, from a laundry specialist in the Bureau of Home Economics? Bluing is used to cover, or neutralize, the yellowish tint in white clothes. It doesn't remove the cause of the yellow tint, but produces a gray color which appears white to us. A fabric which has been properly manufactured, and always properly laundered, doesn't need bluing. Unfortunately, there are few of these fabrics in our households.

A soluble powder bluing should be dissolved in a small quantity of water, then added, drop by drop, to a tubful of clear water. Be sure all particles are dissolved. Sometimes I use ball or block bluing, tied in a canton flannel bag, and swish it through the tub of cold water until I get the color I want.

It's a good idea to make the bluing water just before using it. If it stands, it is likely to streak the clothes. Test the shade by dipping in a small garment, and holding it to the light, or by holding a little of the water in the hollow of your hand. All bluing water, especially that made with insoluble blues, should be stirred occasionally. Blue only a few pieces together, and never let them soak in the bluing water. The ideal method is to dip them in and out, one at a time. Clothes that have been over-blued may be whitened by pouring boiling water over them, or by a few minutes' boiling.

Now let's concentrate on dinner. The Menu Specialist has planned for us today a dinner for a busy Monday.

This is the menu: Cheese and rice croquettes with tart jelly; Carrots in parsley butter; Mixed vegetable salad; and for dessert, Chocolate blanc mange.

Every now and then it's a good idea to add variety to the meal and serve a cheese main dish. The recipe for cheese and rice croquettes is a recent creation of the Recipe Lady's. Is it in the new cookbook? No, because it is even newer than the new cookbook.

Have you plenty of paper ready and a stout point on your pencil? This is quite a lengthy recipe but well worth taking down. By way of ingredients you'll need:

1/2 cup of rice
1/2 teaspoon of salt
1 tablespoon of butter
1/4 pound of soft cheese, flaked
1 egg yolk
1 egg
1 tablespoon of water
Fine bread crumbs
Tart jelly
That makes nine ingredients, doesn't it? (Repeat.)

Cook the rice until tender in five cups of boiling salted water. Drain and while the rice is hot, add the butter and the cheese. Mix well. When cool, add the yolk of egg and more salt if needed. Form this mixture into balls, and dip each one into a mixture of beaten egg and 1 tablespoon of water. Then roll each in fine bread crumbs and press with the thumb to form a nest. Allow croquettes to stand until the coating is dry. Use any desired fat for deep fat frying, and when hot but not smoking, place the croquettes in a wire basket and lower them into the fat. Cook until golden brown and drain on paper. Put a dab of bright, tart jelly into the hollow in each croquette and serve at once.

This recipe will make about ten medium-sized croquettes.

Now let's consider the next item on the menu--carrots in parsley butter.

Complete directions are to be found on page 45 of the green cook book. The carrots are simply washed and scraped and then either cut in slices or diced. You cook them in a small quantity of boiling salted water for 10 or 15 minutes, drain them, and then add butter, lemon juice and finely chopped parsley. Cooked this way carrots not only look delicious but taste delicious.

As for the combination vegetable salad with cooked salad dressing, it is an excellent way to use up any cooked vegetables left from Sunday dinner. A few bright green peas, or string beans or red tart beets are excellent in a combination vegetable salad. Such cooked vegetables may be combined with such raw vegetables as sliced tomatoes, cucumber, celery, or cabbage. Like most other combination dishes, a salad of this sort is most delicious if it has variety in texture, flavor and color. Be sure to add some food to give crispiness perhaps chopped celery or cabbage or even apple.

And as for dessert, chocolate blanc mange, one of those good, simple and practical desserts known from coast to coast. Most housekeepers of my acquaintance have made it so many times that they have the recipe right in their heads, but, in case you would like to have one in print, look on page 93 in your cook book.

Tomorrow: I'll give you the best recipe I know for cooked salad dressing. And we'll have a talk about taking out stains on clothing.